



Dehydration/Hypohydration

- Water is 45-70 % body weight.
- You constantly lose water from the lungs, skin, and kidneys. Fluid is constantly moving in and out of blood and cells.
- Average male has 45 L of water (60%) of body weight.
- Dehydration is associated with decreased blood plasma volume during both rest and exercise. This makes it difficult for the ticker to “push” the blood through the body and reduces venous return.
- Water makes up about 60 percent of the human body, and without enough of it, dehydration can set in, causing dry mouth, tiredness, and headaches (no wild partying required).
- Another reason to drink up: Getting the right amount fluids daily could be the difference between feeling drained and running like a well-oiled, hydrated machine.

SYMPTOMS of DEHYDRATION

- Thirst
- Less frequent urination
- Dry skin/ Cold clammy skin or Hot dry skin
- Fatigue
- Light-headedness
- Dizziness
- Confusion
- Dry mouth- Sticky spit
- Increase in heart rate and breathing

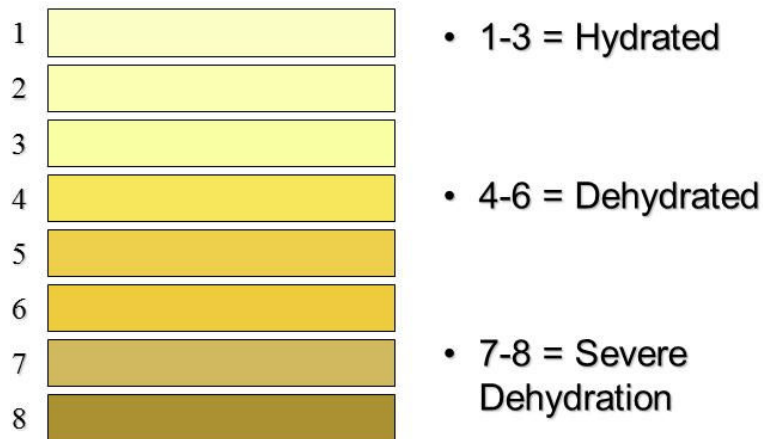


Staying hydrated is not only important to prevent dehydration, staying hydrated aids in digestion, flushes out toxins, lubricates joints and keeps your memory sharp.



- The goal is to produce urine the color of lemonade. Some medications, beets, blackberries, and artificial coloring in foods can temporarily change the color of your urine.
- Vitamins and supplements can produce bright yellow urine that may lead you to believe you are dehydrated. So, be aware of your activity level, how much fluid you are drinking in your off time, how much you are perspiring, how thirsty you are, as well as how alert you are. Sometimes you are dehydrated before you return to work. It varies from person to person and according to what tasks they have performed that may require extra hydration.

Hydration Urine Chart



- Average weight person needs about **2 quarts/day or 64 oz.**
- **A good way to gauge your fluid intake is to refer to a 1 liter soda bottle which is 1000 milliliters.**
- Adequate intake **(AI) for men is about 13 cups (3 liters)** of total beverages a day.
- The AI for **women is about 9 cups (2.2 liters)** of total beverages a day.
- Generally, if you drink enough fluid so that you rarely feel thirsty and your urine is colorless or light yellow — and measures about **6.3 cups (1.5 liters)** or more a day if you were to keep track — your fluid intake is probably adequate.
- Remember that drinks with caffeine and alcohol create unquenchable thirst in the body.
- Spice up your “plain old water” with fresh bruised mint

leaves, fresh lemon or lime. Use your imagination.





If you are on high blood pressure medication/s please consult your doctor for proper water consumption amounts.



Water has a profound effect on brain function and energy levels. Even slight dehydration can produce small but critical shrinkage of the brain, impairing neuromuscular coordination, concentration, and thinking.



Stop drinking **too** much alcohol. Or, make sure that you drink 4 times as much water as you consume in alcohol. It takes less of a toll on your body to do this if you choose to imbibe!

First Aid

If you suspect heatstroke, **call 911**. Then immediately move the person out of the heat and cool him or her by whatever means available, for example:

- Put the person in a cool tub of water or a cool shower.
- Spray with a garden hose.
- Sponge with cool water.
- Fan while misting with cool water.
- Place ice packs or cool **wet towels on the neck, armpits and groin.**
- Cover with cool damp sheets.

Let the person drink cool water or other nonalcoholic beverage without caffeine, if he or she is able.

Begin CPR if the person loses consciousness and shows no signs of circulation, such as breathing, coughing or movement.